

## PERSONAL EXPERIENCE AND COMMENTS ON EMF PRESENT LIMITS:

1. Port Angeles, WA installed one of the nation's first citywide wi-fi systems. When half of it was turned on, I couldn't get to sleep until 4:30 a.m., then slept until a little after 7 a.m. That was it. A day later, the rest of it was activated, and that night I got no sleep at all. In addition, I was constantly dizzy, light-headed, and couldn't keep a focused thought in my head. It was terrifying.

How did I know when the system was activated? My husband was on the Citizens Utility Advisory Committee and was present at all the meetings when the time was agreed upon. How did I know I had a problem with wi-fi? Several months beforehand, we got a router and plugged it in next to a desk in our bedroom, which was big enough it also contained the study. From that time, I couldn't get to sleep. As an experiment, we simply unplugged the router at bedtime, and the sleep problem disappeared.

We had just paid off our house the month before and planned to live in Port Angeles the rest of our lives. However, my reaction was so severe my husband rented me a motel room outside the wi-fi range until I could fly down to our daughter's in SoCal while he located a room outside Port Angeles that we could rent where I could stay until we could sell our wonderful house and move.

2. We were allowed to move into our new cottage in Mendocino, CA the night before close of escrow, but I felt dizzy, unable to concentrate, and couldn't sleep that night at all. The next morning, I found a "smart" meter on the outside of the garage, even though we'd been told "smart" meters had been banned in Mendocino. We found out the supervisors had approved them, in spite of local dissent. Fortunately, there was an opt-out available, so we paid \$75 for ourselves and our neighbors (only one close neighbor), to remove the meters, and continue to pay \$10/month for us and \$10/month for our neighbors to keep this uninvited and debilitating technology away. (Our neighbors reported having strange headaches and sleep disturbances, though their symptoms were not as severe as mine.)
3. My system is now much more sensitive to EMR of all kinds than it was in the beginning. As a result, I can pick up dirty electricity from sources that never bothered me before. Because I was still having symptoms, my husband located an EMF consultant on-line, and we rented 3 kinds of meters for two weeks so we could make a thorough measuring throughout the house. One meter measured radiation (Gauss), one EMR of all kinds, and one the amount of electricity picked up on an individual's skin. It turned out I pick up much

more electricity than my husband, which may account for my sensitivity, or it could be a result of all I've been exposed to. However, with the help of the meters, we have located problem areas in the house and have turned off several circuits, and are going to get a couple areas rewired with metal-clad wiring so the house is EMR safe.

4. A doctor I went to in Port Angeles reported dozens of his patients complained about sleep problems after the wi-fi system was turned on, but they had no way to track it, for the local newspaper refused to carry any articles about the wi-fi mesh system the city was installing. And then the City Council approved the installation of "smart" meters; however, a citizens' group formed and has managed to stall any further installation, for many people are deeply concerned about the health effects they and their children and neighbors are experiencing with a double dose of EMR from both the wi-fi and "smart" meters.
5. Three months after my last exposure of strong and constant EMR, I'm still recovering. I'm requiring 9-10 hours sleep, and my memory is still a bit slow, though much better than it was, and improving daily. But my system is still sensitized, and my hunch is it will be for some time. I can feel strong EMR sources when moving into them, and can also sense when being in an EMR-free zone.
6. In doing research on EMR, including wi-fi, "smart" meters, and cell phones and cell phone towers and antennas, I have read over and over again how research is now proving the all too real and verified health hazards with exposure to what the body was never designed to handle. Just recently the UK delayed the installation of any "smart" meters in their soil so the health hazards can be studied. France has outlawed use of cell phone by children in elementary school. Toronto was going to install a citywide wi-fi system, but the health department stepped in and stopped them because of health concerns. I can personally witness that there are dire consequences connected to these technologies, and though I am part of only 3-8% of the total population with severe symptoms, I have no doubt others are affected without knowing it, especially children. And the WHO has recently declared EMR to be a possible carcinogen.
7. IN CONCLUSION, I URGENTLY SUGGEST YOU REVISIT THE PRESENT LIMITS OF EMRs AND JUMP FEET-FIRST INTO ALL THE RESEARCH DONE SO FAR, AND BECOME THE COUNTRY'S TOP ADVOCATES OF THE FOLLOWING:
  - A. Stop any further installation of city-wide wi-fi systems.
  - B. Stop any further installation of "smart" meters, which do NOT save energy, consumer money (bills, instead, go up), or help with any energy conservation.
  - C. Ban cell phone use in children. (Finger texting fine, but nothing

involving the phone being held against the head.

- D. Promote truly clean energy (solar, wind, wave, algae) for the needs of the future, so new ways to have power and communication can happen without endangering our precious resources or the health of our citizens. And find ways to protect sensitive people now, while new technologies are being discovered. All this will involve plenty of new jobs and pay decent profits to corporations willing to put people's well-being first.

If you will be brave enough to do all that's in your power to protect and nurture, you will not only be promoting one of the more important transitions to the future, but you will be saving the country catastrophic amounts of money, should the full health consequences of mesh EMR go ahead unstopped.

Thank you.

Helen Sears

#### Recommended Resources:

PUBLIC HEALTH SOS: The Shadow Side of the Wireless Revolution by Camilla Rees and Magda Havas, Wide Angle Health, LLC 2009. (Professor Magda Havas is a pioneer researcher of EMR at Trent University, Canada.)

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